

WHAT IS CLAIMED IS:

1. A holographic recording medium comprising:  
a recording layer in which information is to be  
holographically recorded; and  
5 a light-shielding layer which faces a main surface  
of the recording layer and whose transmittance for  
a recording light is increased on increasing intensity  
of the recording light.
2. The medium according to claim 1, wherein the  
10 light-shielding layer exhibits bleaching property when  
intensity of the recording light is increased.
3. The medium according to claim 1, wherein the  
light-shielding layer contains a transparent material  
and a dye dissolved or dispersed in the transparent  
15 material and exhibiting saturable absorption.
4. The medium according to claim 1, wherein the  
recording layer contains organic material.
5. The medium according to claim 1, wherein the  
recording layer contains inorganic material.
- 20 6. The medium according to claim 1, further  
comprising a substrate which supports the recording  
layer and the light-shielding layer with the recording  
layer interposed between the substrate and the light-  
shielding layer.
- 25 7. The medium according to claim 1, further  
comprising a reflecting layer which is disposed on  
a side of the recording layer opposite to the

light-shielding layer.

8. The medium according to claim 7, further comprising a substrate between the recording layer and the reflecting layer.

5 9. A holographic recording medium comprising:

a recording layer in which information is to be holographically recorded; and

10 a light-shielding layer which faces a main surface of the recording layer and selectively transmits a recording light.

10. The medium according to claim 9, wherein the light-shielding layer contains a transparent material and at least one component selected from the group consisting of a dye dissolved or dispersed in the transparent material, metal particles dispersed in the transparent material, and semiconductor particles dispersed in the transparent material.

11. The medium according to claim 9, wherein the light-shielding layer includes a laminate of dielectric layers, materials of the dielectric layers adjacent to each other being different from each other.

12. The medium according to claim 9, wherein a ratio of a first average transmittance to a second average transmittance is 15 or larger, the first average transmittance being an average transmittance of the light-shielding layer within a wavelength range of  $\lambda_{\text{rec}} - 10 \text{ nm}$  to  $\lambda_{\text{rec}} + 10 \text{ nm}$  where  $\lambda_{\text{rec}}$  representing

a wavelength of the recording light, and the second average transmittance being an average transmittance of the light-shielding layer within a wavelength range of 300 nm to 600 nm.

5           13. The medium according to claim 12, wherein the light-shielding layer contains a transparent material and at least one component selected from the group consisting of a dye dissolved or dispersed in the transparent material, metal particles dispersed in the  
10 transparent material, and semiconductor particles dispersed in the transparent material.

          14. The medium according to claim 12, wherein the light-shielding layer includes a laminate of dielectric layers, materials of the dielectric layers adjacent to  
15 each other being different from each other.

          15. The medium according to claim 9, wherein the recording layer contains organic material.

          16. The medium according to claim 9, wherein the recording layer contains inorganic material.

20           17. The medium according to claim 9, further comprising a substrate which supports the recording layer and the light-shielding layer with the recording layer interposed between the substrate and the light-shielding layer.

25           18. The medium according to claim 9, further comprising a reflecting layer which is disposed on a side of the recording layer opposite to the

light-shielding layer.

19. The medium according to claim 18, further comprising a substrate between the recording layer and the reflecting layer.

5        20. A holographic recording medium comprising:

        a recording layer in which information is to be holographically recorded; and

        a light-shielding layer which faces a main surface  
of the recording layer, transmittance of the light-  
10        shielding layer for a recording light being increased  
on increasing intensity of the recording light, or  
the light-shielding layer selectively transmitting  
the recording light.